

"Festive Family Thanksgiving Cookbook"

Recipe

Hot Spicy Cider

Serves 11 1-cup servings ● Preparation time 10 minutes

Simmering time 30 minutes plus 2 quarts apple cider

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| 2 quarts apple cider | ¼ cup fresh lemon juice
(about 2 squeezed lemons) |
| 3 cinnamon sticks | 2 strips orange peel |
| 40 whole cloves | Cheesecloth or tea ball to
hold spices |
| 1 tsp. nutmeg | Crock pot preferable (can use
a large pasta pot or stock pot
on stove top) |
| ½ cup brown sugar | |
| 2 cups orange juice | |

Put cinnamon sticks and whole cloves in a cheesecloth or tea ball and immerse in the apple cider. Add nutmeg and brown sugar. Stir.

Simmer cider mixture for 30 minutes or longer. Add juices and orange peel. Serve hot.

Nutrition Facts Per Serving: 132 Calories, 9 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip:

"Start this before your guests arrive. If using a crock-pot, start cooking at high temperature, then reduce to low as soon as it boils. It will make your house smell wonderful."

Julie Maniord, RD

